



# RAT CREEK PRESS

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## Sample international cuisines this June

Dine the Ave gives patrons a chance to try local restaurants



Dine the Ave will feature 20 restaurants. | Supplied

### STEPHEN STRAND

From June 17-23, 118 Avenue will be home to a new culinary tour called Dine the Ave. It's a variation of Eats on 118, put on by the Alberta Avenue Business Association (AABA).

Dine the Ave is a collaborative venture featuring more restaurants than Eats on 118, with people able to visit participating restaurants with special menus ranging between \$10 and \$20.

"This year, we switched it up. Now it's called Dine the Ave in that diners can try \$10, \$15, and \$20 special menus from 20 different restaurants. I think this is the largest collaboration we've had on Alberta Ave," explains Jonathan Rivero, chair of the AABA board. Unlike previous years, people are free to explore participating restaurants without needing to pre-purchase

tickets.

"[Eats on 118] was really successful. The last three years they had a really good mix of people who knew Alberta Ave, but then also people who visited Alberta Ave for the first time or didn't quite know it well. And [they] have really showcased restaurants, awesome restaurants, that Alberta Ave has," says Rivero. "And then they explore more of the Avenue, other than what brought them there in the first place: the festival and then the food."

It's great exposure for the Avenue and an opportunity to try new food.

"We are creatures of habit. Sometimes it takes a festival to get people outside of their comfort zone or get people outside their day-to-day routine and explore new food," Rivero says. He explains that people need to be exposed to new things, not just food. "You don't know what you don't know and then

when you experience something, then you can decide, 'Oh wow! This is actually awesome!' I find that's what we do on Alberta Ave with a lot of our festivals," explains Rivero.

T & D Vietnamese Noodle House participated in Eats on 118 and will also participate in Dine the Ave. "I like to be involved in the community, so I think it's a good way to get people involved, get our name out there, and hopefully get more people down to the community," says Laura Truong, owner. Truong says turnout in previous years was a success. "It did get our name out there and there were returning customers. So, it definitely helped. And people who had that stigma coming down [to 118 Ave], I think it helps put them in a group as well." She says she hopes that Dine the Ave will continue to bring people back.

Siu To, owner of Green Onion

Cake Man, will be another restaurant of the tour. "I think, 'I am part of this 118th Avenue community. I would like any activity and I would like to participate,'" says To, adding that the promotion is good for business. Their special menu will include a green onion cake, soup, and two dinner plates for \$20.

"I'm just so proud to represent our amazing businesses and I hope that people all over Edmonton can visit Alberta Ave and explore the Ave and meet the incredible business owners. Each one of us has an amazing story and culture," adds Rivero. "I feel like Edmonton is a richer place to live because of the richness of Alberta Ave."

For more information, visit: [alberta-avenue.com](http://alberta-avenue.com)

*Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood.*

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# City council votes to continue revitalization

The next phase will focus on investment, safety, and support

## KATE WILSON

City councillors have given a strong vote of confidence to revitalization efforts in the 118 Avenue communities. At its April 30 meeting, Edmonton city council voted yes to extending resources and staffing for revitalization work over the 2019-2022 budget period.

Council approved \$297,000 in 2019 for Alberta Avenue and Jasper Place resource continuation. The following year will see an injection of \$224,000. Further resource allocation to 2022 will depend on a report presented to council in the spring.

With this assurance of support, community leaders are ready to move ahead with renewed vigour to combat

issues such as unsafe streets and marginalized living conditions.

“For me, the important issue is what hasn’t been done and should be done. What do we need to do to continue to bring life, beauty, and change to our neighbourhoods?” says Christy Morin, one of many community leaders who have been pushing for continued funding.

Morin, executive director of Arts on the Ave, said the focus now is to consider what this next phase of revitalization should look like. Over the past decade, Alberta Avenue’s revitalization has been steered by a committee of community members who set out pillars for immediate action, such as streetscape and zoning issues.

For this next phase of revitalization 2.0, the steering committee will turn their energy

to new pillars. These include attracting private investment, improving community safety, and better supporting marginalized people in the revitalization zone.

“My hope is that we can look at these next pillars that need care. This can play out in many different ways,” says Morin.

Tony Caterina, councillor for Ward 7, made the motion to extend funding. He says that since its introduction, revitalization has transformed Alberta Avenue neighbourhoods, and it’s important to finish the job.

“As the original funding was coming to an end, it was clear the work wasn’t quite complete, and it was apparent that community members were still engaged and enthusiastic about revitalization,” says Caterina.

City staff, the Edmonton

Federation of Community Leagues, and community organizations will be looking at options over the next months for continuing funding beyond 2019. Once their report comes back this spring, the City will better know how to discuss and decide on further revitalization support in the fall of 2020, says Caterina.

At the April 30 council meeting, the revitalization package was one of six items that still needed a funding decision in order to set the City’s four year budget. A common concern by council was how to support the items without draining the City’s reserve, which provides a buffer against unforeseen expenditures. Another was maintaining the municipal tax rate increase at 2.6 per cent.

Council’s endorsement of

revitalization 2.0 is not just for the next four years, says Jon Jon Rivero, chair of Alberta Avenue Business Association.

“It’s for generations to come, to continue to plant seeds for the long term,” Rivero says, adding that the community is grateful for the support from the City. “Many family businesses have passed on the torch to the new generation and want the City’s support to continue development that improves the community.”

*Kate took up the reporter’s pad and pen while living in northern Alberta and spent 20 years covering everything from local politics to community happenings. She lives in Alberta Avenue with her daughter.*



Revitalization has transformed the area. | Kate Wilson

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### ABOUT US

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Build Community, Encourage Communication, Increase Capacity.

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Our writers vary from trained journalists to community residents with varying backgrounds. We strive to be a place where individuals can learn new skills and acquire experience—whether in writing, editing, photography, or illustration. We welcome letters, unsolicited submissions, and story ideas.

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Serving 12,500 community members.

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The paper is delivered by Canada Post to all houses, apartments, and businesses in the seven neighbourhoods listed above including those with no unaddressed mail notices. For the most part, delivery begins on the last Wednesday of the month.

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I ❤️ my  
RCP

# Stalled infill duplex is now moving along

City imposed conditions and strict building schedule

**MIMI WILLIAMS**

After *RCP* published a story about the stalled development project at 11535 95A Street last September, property developer Gaurav Singhmar told *CBC News* he intended to complete the building within a year. At our publisher's suggestion, I investigated to see if any progress was made.

A lot of work has gone on inside the building this spring, Singhmar told me in a telephone interview in mid-May.

Problems with the property began when Singhmar injured himself falling from a ladder in 2017. After his recovery, he ran into several difficulties getting back to work on the property. When he was able to turn his

attention to it, he discovered the building permit had been suspended due to lack of activity.

"After I arranged financing and lined up tradespeople to do the work, the City told me the permit had been cancelled," Singhmar says. "I used your story to talk to Councillor Caterina and the development department and begged them to reconsider."

The City agreed to make an exception (building permits generally expire at the end of five years) as long as he met a long list of conditions that included hiring a structural engineer to confirm the project was safe to proceed.

"This spring, I have had 80 per cent of the floor joists replaced. We redid the plumb-

ing and the wiring and the duct work will be replaced next week." Some issues related to the building code needed to be worked through because of the duplex's unique design, but they have been resolved. "We have put an incredible amount of work, money, and time into the development of this project," says Singhmar.

Rocco Caterina, Coun. Tony Caterina's assistant, confirms that after a number of conditions were met, the building permit has been extended with a very strict construction schedule.

As for the pigeons making themselves at home in the duplex, Singhmar says he is confident the problem will be solved by the time this paper goes to press.

"I have a siding company starting work this Friday [May 17] and once the cladding is up and soffits installed, the pigeons will be locked out of the house," he explains. "By the end of this month, the place will be looking great on the outside and I hope that will give the neighbours some comfort." It should be noted that as of May 24, the siding work had not yet started.

Donna Paliwoda, one of the neighbours who has been complaining about the property for years, isn't prepared to celebrate quite yet.

"The lack of communication is a real problem," she says, adding that she and other neighbours had observed the work at the property this spring. "The workers had no safety gear and there were a couple of near

misses when they were throwing things from the third floor to the ground."

Paliwoda expects neighbours will keep a close eye on the site as work proceeds and will file complaints with the City when necessary.

"With the silence we've had since last fall and with all we've put up with over the last several years, this building will be getting no leeway from the community now," she adds.

"I can appreciate that the neighbours are frustrated," Singhmar says, "and I want to assure them that this project is going to be completed and on the market by October."

*Mimi is a writer who first moved to the Avenue area over 20 years ago.*



Singhmar says a lot of work has been done inside the building this spring. | Mimi Williams



Singhmar says the work will be completed and the duplex will be on the market by October. | Mimi Williams

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# Creating a space for LGBTQ+ newcomers

Group provides much-needed support and information

**TALEA MEDYNSKI**

Newcomers and members of the LGBTQ+ community have a safe place to connect.

Basel Abou Hamrah, one of the organizers, helped other community members to create the group after he immigrated from Syria and found himself in a unique position.

"I came as a Syrian refugee and was navigating how to come out," Abou Hamrah explains. "I didn't feel comfortable going to the Pride Centre because I was afraid other community members would see me."

While coming out can be challenging no matter where you live, being anything other than heterosexual can actually be dangerous in some countries.

"We help them to become comfortable in their LGBTQ+ identity," he says. "They may know, but cannot fully express themselves because of persecution. Imagine you live 20 to 30 years, hiding. We help them navigate, become comfortable."

He explains there wasn't an appropriate place for LGBTQ+

members who were also newcomers to Canada.

"The Pride Centre wasn't

community and newcomer services."

In May 2017, Abou Hamrah helped to fill that much-needed

funds from REACH," he says.

In just two years since its creation, the group has grown to

with the opportunity to socialize regularly and build social connections and community confidence. It's also a space where people can raise and address issues that may be troubling them.

While the group provides newcomers with a supportive community, they also provide practical advice for living in Edmonton. And there's plenty of different activities members can participate in, like group discussions, cooking classes, art nights, improv, movie nights, holiday events, information sessions, trips to festivals, sharing self-care tips, and more.

Abou Hamrah has this to say to newcomers and LGBTQ+ members: "You are not alone. We formed this community, so come and join us and together we'll be stronger."

Email [bhamrah@emcn.ab.ca](mailto:bhamrah@emcn.ab.ca) for information on where and when to meet.

*Talea is the Rat Creek Press editor. She loves sharing the stories of our diverse neighbourhoods.*



EMCN's LGBTQ+ group is celebrating its second birthday. | Talea Medynski

designed for newcomers," he says. What was needed was a neutral space, away from LGBTQ+ serving communities and newcomer agencies. "LGBTQ+ newcomers often experience isolation, language barriers, and lack of services within the LGBTQ+ commu-

space by creating a group. It's a community-based initiative providing social and settlement information and support to LGBTQ+ members, and it's partnered with EMCN and the Pride Centre of Edmonton.

"We're supported by lots of community members and small

over 75 members, with 15-25 members meeting regularly.

"We are celebrating our second birthday," he says happily. "It has been successful. We meet every Friday, including holidays."

The group is important because it provides people

# Police chief apologizes to LGBTQ2S+ folks

The past year brought changes to members of the community

**STEVEN TOWNSEND**

June is Pride month, so happy Pride to you! It has been quite the year for the LGBTQ2S+ community.

Last June, a group of peaceful LGBTQ2S+ people of colour and their allies paused the Pride parade. They were protesting the lack of programming and safe places for people of colour within the Pride week festivities as well as police and military participation in the parade. The Edmonton Pride Festival Society agreed to these demands and the parade continued in all its rainbow glory.

The 2019 parade and festival was ultimately cancelled. According to other media news outlets, two anonymous members of the Edmonton Pride Festival Society said it was cancelled because the society couldn't meet the protester's demands.

Police marching in the Pride parade is a divisive topic in the community. Half of the community support the participation of police and the other half think

should be banned. These divisions are generally split along demographic lines. Many people in the older and mostly white community view police involvement in the parade as a symbol of societal progress and how far we have come as a community. Others in the younger community say it's as though we are inviting their oppressors to the party. Although things may have gotten better for the typical cis (when your identity matches your gender at birth) white male in the community,

izing of course, and views range all over the spectrum.

On May 3, Edmonton's new police chief, Dale McFee, apologized to the LGBTQ2S+ community for historical and current injustices within the force and the larger community.

"To the members of the lesbian, gay, bisexual, trans, transgender, queer and two-spirit community, both across the public and within our service, I am sorry and we are sorry. Our actions caused pain. They eroded trust. They created fear.

in their workplaces, and even their homes," says McFee.

According to Murray Billett, former police commissioner and civil rights activist, the apology had been in the works for a long time before the parade protests happened.

Billett says, "Other big city police chiefs had issued apologies; our community had previously requested an apology from EPS to no avail. Clearly our new chief, Dale McFee, has made it—the apology—a priority. His robust apology to not only our

community know that the apology is only a first step in the reconciliation process with the LGBTQ2S+ community.

"Let us be clear, this is not behind us. There is a lot of work ahead," says McFee.

He is right, there is a lot of work ahead for the LGBTQ2S+ community in improving relationships with EPS, but this can only happen if people are willing to step up and put in the work.

"If our fabulous community wants change, it can only happen with our instructive feedback. Improvements occur when they [EPS] learns our stories and expectations. We all have the right, responsibility, and obligation to participate to make our city and LGBTQ2S+ community the best it can be," says Billett.

EPS has set up a website where members of the LGBTQ2S+ community can provide confidential feedback towards the consultation and reconciliation process. Find out more information and get involved at [www.epsinput.ca](http://www.epsinput.ca).

*Steven is an Edmonton native, community organizer, and small business owner. His Twitter handle is @grimacstv.*



On May 3, EPS police chief Dale McFee apologized to the LGBTQ2S+ community. | Edmonton Police Service

that's not always the case for other people, such as trans and people of colour. I am general-

They caused members of the public and our service alike to feel unsafe on their own streets,

community but also his officers was well received."

McFee wanted to let the com-

# Explore the neighbourhood with a bike club

Join Alberta Avenue Cycle Nights every Wednesday

**STEPHEN STRAND**

Warm June days have arrived, and a group of community members have formed an informal bike club to explore the neighbourhoods and city.

Maggie Glasgow is one of the organizers of Alberta Avenue Cycle Nights. She says, “Leigh and Nelson Niwa, Karina Hurtado and I met at the Alberta Avenue Block Connectors potluck and started talking about things we could do in the neighbourhood to get people connected and engaged with neighbours.”

They all enjoy cycling, so they thought a club could be fun. “It just seemed like a natural and organic thing for us to do and the best part was that it didn’t require a lot of logistics and organizing.” They met at Hurtado’s house and discussed

over tea how they could get it started. From there, it was just a matter of hoping people would join.

The group has a few goals. The first is to help create and build community.

“We have such an amazingly diverse community and so many people enjoy riding bikes in this area. It’s a great way to get people out doing something many of us are very interested in,” says Glasgow.

With food usually involved at some point during the night, it becomes a social affair and makes the group more accessible to those who may not be able to ride.

The second goal is to get people active and to learn about the bike riding system. “We are in a prime location for alternative transportation choices, so it would be great to see even more people in the area feeling

comfortable enough to ride their bikes for fun, to commute, and to get physically active,” says Glasgow.

Their third goal is to give families an activity to do together, and the last goal is to have people from outside the neighbourhood join.

“We want to share with others what a great neighbourhood we have, and that we are all proud to live here. We have so much to offer and what better way to showcase our area than riding our streets and visiting local attractions and events,” explains Hurtado.

The group meets Wednesdays at 7 pm on the corner of 114 Avenue and 95 Street, near Otto Food & Drink. After the ride, they eat at the restaurant if people are inclined.

Currently, they ride to Ada Boulevard and stop at the top of Rundle Park. “It’s a beautiful

easy to intermediate ride to help people get used to being out and about and for us to see who is coming out and their various skill levels,” explains Hurtado. Once the weather warms up, they are hoping to expand their rides. “Hopefully we will be able to ride to restaurants and pubs downtown or in our local neighbouring communities. Perhaps even trips to parks for picnics in the river valley for greater difficulty rides in terms of distance and hills,” Hurtado adds.

Though the group is free to join, they ask that you bring your bike, helmet, and a passion for cycling and meeting your neighbours. They have a public Facebook page called Alberta Avenue Cycle Nights where they post weekly rides.

“We try and let people know if it’ll be an easy, family-type ride or a more of a difficult or longer ride,” says Hurtado. They

eventually hope to have rides for every skill level throughout the summer.

“Our dream is to get as many people as possible interested in cycling, and seeing the neighbourhood from a different, two wheeled perspective,” explains Glasgow.

*Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood.*

**ALBERTA AVENUE  
CYCLE NIGHTS**

**Wednesdays, 7 pm**

**Corner of 114 Avenue  
and 95 Street**



Alberta Avenue Cycle Nights meet every Wednesday night. | Supplied

# Transit villages proposed at Exhibition Lands

Detailed business case analysis is the next step of the plan

**STEPHEN STRAND**

An April 23 report from the City’s urban planning community is proposing two mixed-use transit villages for the Exhibition Lands.

The City has proposed plans for Northlands Park and structures, Borden Park, the Expo Centre, the Coliseum LRT Station, Northlands Coliseum, and surrounding areas. Two hundred and twenty acres of land is up for redevelopment, 160 of which the City owns.

According to the urban planning committee report, the concept for the Exhibition Lands “builds on the desired components from engagement and analyses results, concentrating development around two walkable mixed-use transit villages.”

The plan integrates the Expo Centre by introducing amenities to encourage more daily use. An additional LRT station would be south of the Expo Centre, and the Coliseum LRT station would move north. The report adds, “The result will be an exciting redeveloped urban place

that provides space for economic prosperity, enhances the use of public transit and transportation choice, ensures financial and environmental resilience and improves neighbourhood health and liveability.”

City administration’s next step is to refine the preferred concept, write policy for the redevelopment plan, and further explore the business case. “These deliverables will be refined through a process that will involve further public, industry and stakeholder engagement in the spring of 2019. The resulting plan will serve as the foundation for the development of an implementation strategy and tools to evaluate future land use decisions,” says the report.

The next phase includes a detailed business case analysis, along with “further refinement

of input costs and revenue projections. With approval of the final vision and plan, an implementation strategy will be prepared to determine how land will be divested for private development.”

Jim Gendron, chair of Parkdale-Cromdale Community League’s neighbourhood devel-



Willow, the bright sculpture in Borden Park. The park is emphasized in the proposed concept option. | Jim Gendron

opment committee, has been keeping community members informed.

“I have actually been involved with what’s going on over there since that Vision 20/20 piece started with Northlands in 2016. I have been tracking this

for a while,” Gendron explains. As a community member, Gendron has a vested interest in what becomes of the space. He has made numerous presentations to the executive committee council and the urban planning committee.

“What I was trying to get across to the planning committee, and have consistently when I have gone to present, is that there is a need for fairly involved engagement with representatives with the surrounding neighbourhoods. And have a continuing relationship after the plan and the project has been defined,” Gendron says. He says the project manager and his planning team of the urban planning committee will

be hosting a half-day workshop in early June that will provide information on what has been proposed and offer a tour of the site. But Gendron says he feels they can do more.

“The important thing, in my mind, [is] that knowledgeable

people—those that have lived experience in the surrounding communities—from the community be engaged to help inform policy, implementation strategy, and tools,” Gendron adds.

Gendron, along with Brian Finley of Bellevue Community League, lead a semi-informal group that informs inner-city communities and other nearby communities of what’s happening with the Exhibition Lands.

“We, over the course of about two or so years, have been updating communities through an e-newsletter that we do. Brian is kind of the lead on it and I am supporting it,” says Gendron.

The idea is to keep community members informed of the process and allow them to participate however they wish.

For more information and to keep updated on the Exhibition Lands, visit [edmonton.ca/exhibitionlands](http://edmonton.ca/exhibitionlands).

*Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood.*

## OPINION

# Is this time of peace making us angry?

Looking at the facts to realize how we can overcome anything

**MARK PARSONS**

One day a long, long time ago, life changed drastically for the people living when a cataclysmic event occurred. A volcano erupted in Iceland, causing what was thought to be a fog that blocked out the sun across Europe, the Middle East, and parts of Asia. Global temperatures fell as much as 2.5 degrees Celsius. Due to the drop in temperature, crops failed and people starved.

The year? 536 AD, and things would only get worse. The dust from the volcano lasted for 18 months. The famine would continue for three years, only to be replaced by the bubonic plague a couple of years later. Historians estimate that the plague wiped out up to half of the Eastern Roman Empire. "It was the beginning of one of the worst periods to be alive, if not the worst year," says Michael McCormick, a historian, archaeologist, and chair of Harvard University's Initiative for the Science of the Human Past.

Other awful periods in history made life miserable for people. Countless wars, periods of political unrest, natural disasters, and famines dot human history as far back as there are records. During each of these

times, the human race faced imminent death. Whether it was worrying when the next bomb would drop or when the next meal was, there was something that united people at an international level. Especially in

'60s and '70s and various other, smaller wars in the 1980s.

That's been pretty much it since then. Yes, there are still areas of the world that live in terror every day, but on an international scale it's

So what do we do when there is no "other" to give us focus? We make one. Not that it was never there, but with more people living a higher quality of life than ever before, people as a whole have more

were at their peak in 1924? No, because the values they hold do not reflect the consensus of society. The same goes for LGBTQ2S+ rights, gender-pronouns, immigration, and climate change. The vast majority of people believe in equality and love and science. Most people don't care what bathroom you use—just wash your hands!

Life is not perfect. Politicians who hold minority beliefs are using populism to win elections in order to further their special interests. This isn't new, but it is a growing problem. Thankfully, much like this article has attempted to do, if you arm yourself with facts instead of feelings, you will realize that humans are extraordinarily resilient. If we educate ourselves and work together, there is nothing we can't overcome. Besides, life is pretty good right now, and if you're ever

feeling overwhelmed by it all, just be thankful it's not 536 AD.

*Born and raised in Edmonton, Mark is a writer, artist, and entrepreneur.*



Life is better than it's ever been for the human race. | Photo by Luz Fuertes on Unsplash

terms of international conflict, there was always an "other" for us to focus on as a society.

From 1914 to 1945, with a short break in the middle, the world was at war. After that, other international conflicts, highlighted by the Vietnam War, pulled us through the

not even close. According to the Human Security Report Project, the Uppsala Conflict Data Program, and the Peace Research Institute Oslo, today's conflict-related death tolls (as a percent of total population) are so small, they don't even register on the graph.

time to make mountains out of molehills. Hate-based groups have always existed, but technological advancements have made their presence more widely known. Does this make Soldiers of Odin (or whatever they call themselves now) more dangerous than the KKK

## Dine the Ave

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[alberta-avenue.com](http://alberta-avenue.com)



**ALBERTA AVENUE**  
BUSINESS ASSOCIATION



# Reclaiming ceremony, knowledge, and identity

Working towards understanding and mutual well-being

**CHERYL WHISKEYJACK**

Long before Edmonton was incorporated in 1904, the locals knew it as Amiskwaciy Waskahikan or Beaver Hills House (a Nêhiyawêwin or Cree expression meant to describe the area). Long before Fort Edmonton was established, this area was already a major trading post and gathering place for the many Indigenous people whose footsteps marked this territory for hundreds and hundreds of years.

So many things happened along the way, but one thing has remained the same: Edmonton continues to be a major trading route and gathering place for folks who choose to settle here. Sadly, one of the things that was lost was Indigenous ceremony. With bans on ceremony in effect from 1885 until as late as 1951, ceremony went underground in order to keep these teachings alive.

These days mark a resurgence in the quest for traditional knowledge, identity, and the importance of both for the well-

being of Indigenous people and of our nation.

For the past three years, Bent Arrow Traditional Healing Society has hosted a Cultural Camp on the grounds of Parkdale School where teepees are set up and elders, ceremonial people, and knowledge holders are placed in each one, ready to share their teachings with our visitors. This year's camp was hosted from May 2 to 5, and our visitors (approximately 300 each day) were hosted in eight teepees and a sweat lodge to receive teachings, traditional names, and healing through ceremony.

Edmonton is host to the second largest urban Indigenous population in Canada, and many of these folks are either from somewhere else or not connected to a First Nations band. This camp offers an opportunity for these folks as well as settlers to experience ceremony on their land. No need to hop in a car and head out to the country, because not only is this their land, but ceremony is no longer outlawed. In fact, some of our visitors were mem-

bers of the Edmonton Police Service as well as Government of Alberta Children's Services employees, both institutions with longstanding negative connections to Indigenous people. This camp hopes to change that.

Despite the snowy and cold weather, our visitors were treated to the hospitality of Bent Arrow with fires blazing in each teepee, extra blankets for the shivery, and hot beverages served with homemade soup and bannock meals each day.

While Bent Arrow was the host, like all ceremony it takes many to make it so. This year's camp was made possible by our Government of Alberta Indigenous Relations funder, the City of Edmonton for the use of the land, and Edmonton Public Schools for the use of Parkdale School. In an area sometimes marked with many social issues, our camp experienced no issues with any kind of desecration or disorder during these four days, only blessings.

We believe that through understanding will come a different way of relating with one

another. Some people still only know the dark parts of our history. Even that knowledge is spotty and feeds a narrative of Indigenous people that is negative and not reflective of the vibrant and sophisticated knowledge that Indigenous people possessed to survive and thrive on these lands since time immemorial.

Knowledge of governance, medicines, ceremony, child well-being, infrastructure, astrology, environment, and other knowledge needed to understand the world around us and co-exist with all the various elements. It is this knowledge that feeds a much more realistic and positive narrative of Indigenous people and it's provided in a way that gently teaches, reminds, and awakens our participants. We acknowledge the land by being on it together, in ceremony together.

The camp lights the fire and other opportunities keep the flame going. Opportunities such as Ben Calf Robe's annual pow wow was held just one week later up the road and we had amazing weather and

attendance.

On June 21, Bent Arrow will host National Indigenous Peoples Day and our teepees will be set up once again. We will celebrate Indigenous culture through food, dance, songs, and games and we will share these activities with our visitors from 8:30 am until noon. All are welcome.

Throughout the summer, we will be hosting Tipi Days: four days scattered throughout the summer where we will set up a teepee on Parkdale School grounds and host teachings with an elder. These days will be free to attend. Call our office for more information on dates: 780.481.3451.

*Cheryl has been employed at the Bent Arrow Traditional Healing Society for 24 years and in the executive director role since 2008. She also serves on the Align Association Board as well as Canadian Accreditation Board and co-chairs the EndPovertyEdmonton Stewardship Round Table.*



Throughout the summer, Bent Arrow will be hosting Tipi Days where visitors can enjoy teachings with an elder. | Kara Jensen Photography



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# Helping communities become safe & engaged

The Neighbourhood Empowerment Team works with communities and partners

## STEPHEN STRAND

For a safe and vibrant community, no one should be left without services and that's where the Neighbourhood Empowerment Team (N.E.T.) fits into the picture.

The team is a partnership between the City of Edmonton, Edmonton Police Service, The Family Centre, and United Way of the Alberta Capital Region. They work closely with teams in the City to help communities.

"N.E.T. works with residents, businesses, and organizations to identify and address any safety concerns the community has," explains Courage Fon, community safety liaison with northwest division's N.E.T. "We have a sergeant who connects us with law enforcement. He links us with specific law enforcement services and works with us on any project we have."

Fon has been working for the N.E.T. team for two months.

"As someone who has a passion for working with people and who has worked with children, families, and communities on issues of abuse, working with N.E.T. goes along that

continuum of safety, but this time from the perspective of prevention of crime and disorder. So this position helps broaden my scope of knowledge," Fon shares. "I wanted an avenue where I would get to know this city and this role gives me that opportunity, as I get to meet with different stakeholders, different members of the community, and most especially, I get to hear their concerns and work with them to provide solutions."

When there are concerns within a community, or a community goes to N.E.T. with a safety concern, the team assesses the neighbourhood. "We also check police stats. Then we do an analysis of all of this and find what is the root of the problem. After we've done that, then we respond to these problems," Fon explains.

From there, they try to find solutions. "We take back the responses to the community. It's left for the community to decide if they want to implement the solutions or not," Fon adds. If the community implements solutions, the team assesses if it was successful.

"Everything is very bottom up and we work with the community to find a solution that

is going to work for them, and one that they are going to be willing and have [the] capacity to take on themselves," explains Jordan Clark Marcichiw, youth liaison with northwest division's N.E.T. team.

Marcichiw began working with the Family Centre three years ago.

"The opportunity to advocate for and support youth in the community is what drew me to the youth liaison role. Bringing youth voices to the table and advocating for change that is meaningful to them is one of my favourite parts of the role," says Marcichiw. "Working collaboratively with our N.E.T. partners has provided me with a unique perspective on crime prevention, and I love the opportunity to get to know the diverse communities that we work with. Exploring the community and discovering gems such as delicious bakeries, great cafes, and unique shops has also been a huge perk!"

She adds: "We have something that we want to create and N.E.T. is like the scaffolding as it is being built up. Ideally, at the end of the day, you can remove the scaffolding and the building will still

stand." It is all about creating a sustainable plan. "A really key part of this is to have the community engaged."

"N.E.T. is community development with a crime lens, as I like to say," adds Jenna Pilot, supervisor of community safety. "Our community safety liaisons and youth liaisons really need to focus on building those relationships with key stakeholders in communities." N.E.T. wants to empower communities to be a proactive part of the solution.

"Any problem that we would take on is crime and safety and disorder, whether that is a perception or whether that's an actual instance of criminal activity. That's especially true for the youth liaison side of things," explains Marcichiw. If it's a perception of crime, they work with the community to change it. If it's actually crime, they work with the youth.

"We don't do one-on-one work. We do more of the community development side. If you know a youth that needs a one-on-one worker, my role would be to either connect you to a youth worker or, if that doesn't exist, we could talk about developing something that could respond to that," Marcichiw says. "The

youth liaison role in this area has mostly been to support the schools and to support the schools with those basic need things. The mentality [is] that if someone's basic needs are met, they're less likely to engage in criminal activity in the future."

N.E.T. started in 1997 with a social worker and a police officer. Now six N.E.T. teams are scattered throughout the city to help communities access necessary services and programs. "Part of our job is to make sure we are up-to-date on what's going on in the city and what resources are already in existence," says Marcichiw.

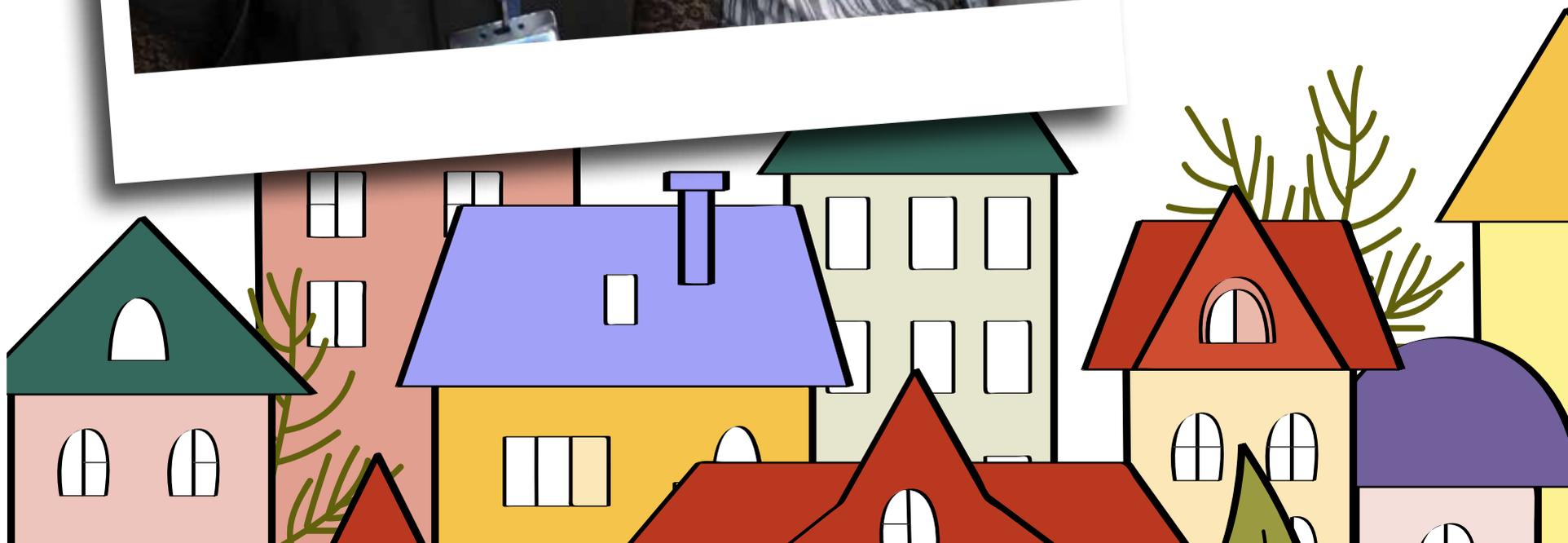
The team points people in the right direction to receive assistance. "We try really hard to be walking resource books."

For more information, visit [edmonton.ca/neighbourhoodempowermentteam](http://edmonton.ca/neighbourhoodempowermentteam) or email [courage.bobongfon@edmonton.ca](mailto:courage.bobongfon@edmonton.ca) or [jordan.marcichiw@the-family-centre.com](mailto:jordan.marcichiw@the-family-centre.com).

*Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood.*



(From left to right) Courage Fon, community safety liaison, and Jordan Marcichiw, the youth liaison. | Stephen Strand





# Where neighbourhoods meet City resources

Neighbourhood Resource Coordinators connect the City and its citizens

KATE WILSON

Where the City of Edmonton's vision for building strong communities comes into contact with the streets in your neighbourhood, that's where you'll find Shauna Richard and Cameron Nattress.

"Our role is to respond to the individual needs of the community, and in my experience those needs come in all shapes and sizes," says Richard.

Known as Neighbourhood Resource Coordinators (NRCs), Richard and Nattress help organizations and citizens connect with the City and with one another in meaningful ways.

"That can mean working on something big like helping a community plan a new playground," explains Richard. "Or sometimes it is something simple like connecting with the

right people to make sure the grass gets cut in a park before a big community event."

Other times, more structured support is needed, such as working with groups on strategic planning or board governance.

It's an important role, acknowledges Richard, as it serves as a foundation for community development in all the city's neighbourhoods.

"I can often be found meeting in offices, local businesses, and sometimes coffee shops. I even have the privilege of meeting with people in their homes when that is most convenient for them," she says. "I feel fortunate to have this level of trust relationship with the citizens I work with."

Every neighbourhood in the city is assigned to an NRC. Under the City's citizen services department, they also adhere to the City's team approach,

working with project managers and the City's six revitalization coordinators.

The NRCs also bring information from the City back to the community, ensuring there's a two-way line of communication between both.

"We are the City's experts on our neighbourhoods. We often represent their voice," explains Richard.

After working in the non-profit sector, she first joined the City in sports and recreation. Three years ago, she shifted focus to neighbourhood services.

Another of the NRC's core roles is to stay in touch with community leagues, acting as a vital link between the leagues and resources available from the City. So they might get valuable information about programs, upcoming workshops, or how to do strategic planning.

Community leagues themselves are an important feature of this model. Starting with Edmonton's first community league of Crestwood in 1917, community leagues advocate on behalf of their residents and also provide the City with valuable feedback.

By the late 1970s, the City began involving leagues in a number of planning and development initiatives. This form of citizen input was beginning to influence all aspects of Edmonton's development, and the result was a City-created policy recognizing community leagues as an important partner of municipal government.

It has become a fully developed relationship, with volunteer league members working in partnership with the City on planning concerns such as infill development, the mature neighbourhood overlay, and neighbourhood renewal.

Richard's assigned neighbourhoods include Alberta Avenue, Delton, Eastwood, Elmwood Park, and Parkdale-Cromdale, while Nattress supports Westwood and Spruce Avenue. They also stay in touch with the schools, social agencies, and other community agencies.

Residents in the Rat Creek Press area can get in touch with either Cameron Nattress or Shauna Richard by calling 311. Just give them the name of your community and ask to be connected with your Neighbourhood Resource Coordinator.

*Kate took up the reporter's pad and pen while living in northern Alberta. The writing bug stuck, and the next 20 years were spent covering everything from local politics to community happenings. She lives in Alberta Avenue with her daughter.*

Cameron Nattress (left) and Shauna Richard (right) are our Neighbourhood Resource Coordinators. | Karen Mykietka



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eastwoodcommunity.org





parkdalecromdale.org

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westwoodcl.ca

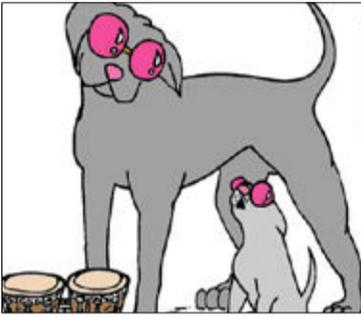
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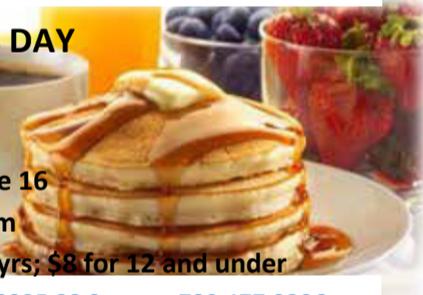


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# Meet Alberta Ave's new development director

The experience of building her infill home gave her insight

**TALEA MEDYNSKI**

Melanie Anderson, the new development director of Alberta Avenue Community League, has a unique insight into development.

She just finished building her infill home on 93 Street and 116 Avenue, a process that took two years. Anderson was initially looking for a condo downtown, but then realized she could afford to buy a house instead.

"My focus shifted to finding a character home, but there were lots of renovations involved."

With the help of her father, a knowledgeable handyman who built the homes she grew up in, she decided to become her own general contractor and design and build her own home.

"Infill is a particular challenge," Anderson says. "I was

building my home at the same time the energy code changed. Insulation values changed mid-build. Inspectors were slow to react to building code changes, or they'd overreact. It was kind of up in the air for awhile."

There was the added complication of the previous mature neighbourhood overlay before the overhaul in 2017. "You have to build within a subset of rules, and it's very open to interpretation."

At the same time, her father hadn't built a house since the early 2000s. "He convinced me to build based on what he knew, but a lot has changed."

When she was building her house, she also had to communicate with her neighbours over variances: moving her house forward a foot and raising the height of the basement to avoid having basement window wells.

"It was interesting [when

meeting my neighbours," she explains. They had a lot of anxiety about a new house being built, even though her home was replacing a problem property. She had challenges getting some neighbours to sign off on her variances due to bad infill experiences.

She had heard stories of cracked foundations due to infill, so she was careful in noting the exact condition of surrounding homes before demolition and was deliberate in hiring a contractor who specialized in infill demolition. The day the old house was demolished, her whole block came out to watch.

"I think after that day, people relaxed a little."

During the rest of the build, she was present everyday. "I became a good watchdog, checked in everyday, making sure contractors were respectful.

It was nice to see the shift in [my neighbours'] attitude."

In the end, she navigated the system and built a beautiful home. Because she's new to the neighbourhood, she decided to attend Alberta Avenue's Annual General Meeting (AGM). The position of development director was vacant.

"I didn't think I would do anything that night. I just went to check out an AGM. The position came up and it just felt right," Anderson says. "[Building my house] gave me a different perspective and led me to sticking up my hand at the last minute."

In her position as development director, she brings the perspective of "[being] pro-development, but in a responsible manner."

She adds, "I'd like for development to be more of a conversation and to keep residents

informed."

She'll be looking at incoming permit applications, which can include home-based businesses, single-family homes, garage suites, or commercial permit applications within the boundaries of Alberta Avenue.

"I like the idea of helping shape the neighbourhood. I'm very community and family based. I feel more people would be open to infill if there were nice-looking homes. I want to take people's concerns and take those concerns to the building and development office of the City and be the squeaky wheel."

*Talea is the Rat Creek Press editor. She loves sharing the stories of our diverse neighbourhoods.*



Melanie Anderson will be looking at incoming permit applications within the boundaries of Alberta Avenue. | Talea Medynski



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# Isolation increases health risks in seniors

Social interactions play an important role in health and welfare

**VICTORIA STEVENS**

Seniors are the fastest growing demographic. By 2041, an estimated third of Edmontonians will be seniors. Although the expectation of being a senior is living the golden years, filled with family, friends, travel, and relaxation, this is not the case for many people.

Research shows that roughly 30 per cent of seniors are at risk for social isolation, defined as a lack of meaningful interactions with society. Social isolation can lead to a plethora of health concerns. The National Seniors Council reports that socially isolated seniors have an increased risk of depression, social anxiety, and schizophrenia. Isolation increases rates of alcoholism, smoking, sedentary lifestyles, and increases the chance of hospitalization by a factor of five.

Retirement, death of a spouse,

disability, and illness are major causes of isolation for seniors. Seniors who are low income, Indigenous, LGBT, immigrants, and caregivers are at an increased risk. Ageism is also a large factor.

"I was making spaghetti...I couldn't open this jar and had nobody to ask for help," recounts Bernadette Alseth, a low-income senior living in the Alberta Avenue area. After experiencing four deaths in three years, she found herself becoming isolated. "I thought 'Wow! I'm in trouble here.'"

Joy Dyck began feeling isolated after a hospitalization in 2011 that left her without her long-term memory. She talks about losing many of her relationships and the social anxiety that made her hesitant to leave her house.

"Loss is loss and it changes your world," Dyck says, referring to the many kinds of loss

seniors experience: loss of a spouse, loss of mobility, loss of independence. "There's so much stigma to the word senior."

Both Alseth and Dyck agree that the term senior carries a stigma that isn't representative of most seniors. This stigma can further isolate an already at-risk group. They both prefer the term elder, a word which denotes someone with wisdom and experience to impart.

A significant concern is a lack of resources easily accessible to elders in the area. This problem led Alseth to create the Coffee Friendship Club, a group for people over 55 who meet once a week to enjoy each other's company. Alseth stresses that they don't talk about their walkers or ailments. Instead, topics range from politics to books to music and can get quite lively. Dyck credits the club with helping her overcome some of her social anxiety in a safe and welcoming

place.

Rusti Lehay facilitates Avenue Word Adventuring, The Carrot's writing group. Most of the members are over 55, and they gather once a month to share their writing. One elder member uses the group as an outlet to help them cope with their role as caregiver to their spouse with Alzheimer's.

"If people are given an excuse to get out of the house, they will," says Lehay, which is why she assigns homework for the members to keep them motivated to return.

Public libraries offer a wide range of low cost or no cost activities and learning opportunities for elders. Sprucewood library in particular offers an outreach worker who can help connect elders to the resources they need.

The easiest way to prevent isolation is to connect with elders in your community. Stay

in touch, visit, and value their contributions to society. Elders have so much to offer.

*Victoria is an entrepreneur, roller derby player, and basset hound lover living in the Delton area.*

## RESOURCES

**Friendship Coffee Club**  
The Carrot Coffeehouse  
(9351 118 Ave)  
Wednesdays, 1 pm

**The Carrot writing group**  
(Avenue Word Adventuring)  
The Carrot Coffeehouse  
Third Thursday each month  
1:30-3:30 pm

**Sprucewood Library**  
11555 95 St  
780.496.7099

# Working beyond retirement brings rewards

Many seniors aren't ready to leave the workforce

**CONSTANCE BRISSENDEN**

All hail the working senior! While many rejoice in their freedom from the daily grind, others—like myself—know that it's not for them.

Canadian census data for 2015 reveals that, at age 65, nearly 54 per cent of men and almost 39 per cent of women worked at some point during the year.

We embrace work for many reasons.

For Glen Paquette, retirement a few years back didn't last long. "I stopped working. I believed I had retired," says the 63-year-old career glazier. "Then I started to physically fall apart. My health deteriorated. I recognized that I needed to get back to work to stay healthy mentally, physically, and financially."

Paquette has installed windows in some of the highest-profile buildings in Edmonton, including the Provincial Court of Alberta and the Art Gallery of Alberta. The work is demanding, requiring skill and physical strength. It also involves heights. The highest building on Paquette's resumé, a downtown hotel, is more than 30

stories high.

Widowed in 2018, Paquette says he believes he would have sunk into depression if it wasn't for work. "Work got me out into the world again. I started trying new things after my wife, Paulette, died."

Other seniors like Lida Ordonez aren't ready to make the break yet. Her current full-time job in security is a second

life interesting," she says. "So many seniors feel isolated and depressed."

Staying fit is also important. A Jasper Avenue resident, Ordonez rides her bicycle or walks to her job downtown.

Jerry (name changed to protect privacy) works in a convenience store on 118 Avenue. As he registers my purchases, he tells me that he can't afford

John Rhebergen, a former corporate management accountant, retired in 2008 due to health reasons. "Once my health recovered, I thought that it was a real waste that I wasn't using my skills anymore. If I didn't use them, they would just lie there and get rusty," he reflects.

He and his wife Rita are long-time volunteers in their church and in their commu-

types of clients I preferred. [I] call it 'terms of engagement' regarding what I like and what I don't like." Rhebergen now works with a handful of clients, all not-for-profit societies and organizations.

Adds the busy senior, "I don't really know what retirement is without work. The pleasure is not always retiring. The pleasure is deciding whether you wish to or not."

As for myself, a dyed-in-the-wool workaholic writer, full retirement is not an option. Freelance writing and editing keeps me busy and give me a sense of accomplishment. I've even redone my resume for the first time in 20 years, with tips garnered from free courses through the Edmonton Public Library.

"Know thyself" is an appropriate motto for seniors. You can retire or continue to work, as necessary or desired. After a lifetime of effort, it's now up to you.

*Constance's writing and editing career spans more than 40 years. She lives in Parkdale-Cromdale.*



Glen Paquette shares a black and white copy of a 1982 *Edmonton Journal* article about his work installing windows at the Provincial Court of Alberta. | Constance Brissenden

career. An artist and former social worker, Ordonez could retire if she wanted. At 69 years of age, she's just not ready.

"I have a great job. I meet new people every day and that keeps

to retire. "Every time I turn around, it seems like I'm taxed for something new. They'll be taxing the lint in my pocket next," he says with a grin. "I have to keep working."

nity. Travelling the world didn't appeal to either of them.

Soon after he retired, requests for his professional accounting services began to trickle in. "I set criteria for myself for the

## Thank you!

To everyone who reached out this school year in my role as your Edmonton Public School Board Trustee. It is an honour to serve you and to speak up for public education.

Wishing you a wonderful summer. If you have any questions or concerns please get in touch.



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# Learning valuable lessons from your father

Think about your memories this Father's Day

RCP READERS & CONTRIBUTORS

During Bloomin' Garden Show this May, *Rat Creek Press* had a booth and gave readers and Bloomin' participants a question: what did you learn or remember from your father?

People gave some wonderful responses! Thank you to those who participated.

“

My first memory of my dad is from our home in Winnipeg. He was playing the guitar, writing a new song, and when he saw toddler-age me coming into the room, he stopped what he was doing and started to play *Puff the Magic Dragon*, which was my favourite song!

**Robin Light, daughter of Gordon** ”

“

My dad used to say, “We’d all go crazy if we weren’t already insane!”

**Anonymous** ”

“

My dad has left such a huge footprint on my heart.

**Georgina** ”

“

My kids were doing up the obligatory Father's Day card, struggling for something to write. My daughter wrote, “Hi, Dad. You're weird.” I tried not to react when I read it. Then I opened my son's card. “Hi, Dad. You're fun.”

I commented, “Well, that's a little more complimentary than ‘weird’”. Steven replied, “Well, I would have said weird, but Sara already did.”

**Aydan** ”

“

Dad was my rock. He was and still is the coolest man I've ever known. I miss him every day. He was the gardener in the family, although sadly I never learned from him. Marigolds were his favourite flowers, so I plant them every Father's Day.

**Tekla Luchenski** ”

“

My dad has the most bikes in the world!

**Sandy** ”

“

My dad gave me his love of reading and libraries for one thing, which has been a huge help to me throughout my life. I remember him packing up the three of us and taking us down to the local branch, where he would read us stories. It wasn't long before all the other kids at the library would be gathered around, listening with us. Now he takes my little boy to the library and it's pretty beautiful.

**Nadine** ”

“

My dad used to wear a medic-alert necklace as he was allergic to penicillin. It's one of the things I remember most about my childhood and my father. He taught me the importance of politics, family, and scotch.

**Victoria Stevens** ”

“

My dad loves to share his love of music with anyone who will listen. As a young child, we would sit by his huge stereo system listening to 60s rock and doo-wop bands on vinyl. He would make me mix tapes with the songs of my choosing. By the time I was older and my dad hit his Motown phase, technology had changed so he made me mix CDs instead. Even though technology has changed yet again and today I download all my music, I still have all my tapes and CDs!

**Jessica Kalmar** ”

# Heritage homes have secrets and surprises

Workshop on Alberta Ave Burns home featured restoration process

CONSTANCE BRISSENDEN

Tenacity, a passion for detail, and a healthy bank account come into play when it comes to restoring a heritage building.

A May workshop at the Burns house on 95A Street, a recently designated Municipal Historic Resource, featured heritage house consultant Peter Caron and owner Chris Nichol. Attendees came from as far as Morinville as well as from Edmonton neighbourhoods.

The walk-through was part of the City's This Old Edmonton House program featuring a series of historic renovation seminars.

"Older buildings are a tangible part of a neighbourhood's past. It's critical to retain some of these buildings as a physical representation of that heritage,"

says David Johnston, the City's principal heritage planner.

The Historic Resources Management program identifies, facilitates, and manages the protection and reuse of the City's historic resources. Matching grants are available to assist with some of the costs. In the case of the Burns residence, \$75,000 was allocated by the City for rehabilitation, matched by owner Chris Nichol.

"Until the mid-1940s, there were no building codes, just 'good practices' here in Edmonton," says Caron, who has worked in the field of heritage buildings for more than 43 years. "Builders were free to do what they wanted."

Restoration work is difficult. Yesterday's old-growth wood, bricks, and even mortar were of a far different standard than

today's products. Finding period replacements is a real challenge, notes Caron. He's always looking for old products to stockpile for future projects with his company The Housewright.

"You pretty much have to be a vulture to find originals, including old fixtures such as door knobs, hinges, and window glass," he says.

Nichol and his wife Ruta purchased the decaying Burns house in January 2017 and have worked on it ever since. The couple met in Lithuania, where heritage is a way of life.

"We're in it together," says Nichol, surveying the home's exterior. Extensive work is ongoing and must be completed within three years, according to City requirements. Once the exterior is complete, the couple will have free rein inside the

house.

The three-story house was started in 1910 and completed by 1912. Although called the Burns house after real estate developer James N. Burns, it was built by bricklayer William Webster. The exterior features outstanding red brickwork such as the array of "standing soldiers", decorative vertical brick-laying details over doors and windows.

One of Nichol's first challenges regarding the restoration of the exterior was the deterioration of the original brickwork. He scoured the Alberta Avenue neighbourhood, approaching residents for bricks in their backyards or outbuildings.

Surprisingly, after more than a century, many old-time red bricks were still tucked away for Nichol's use.

Replacing worn-out bricks isn't foolproof. Says Caron, "Bricklayers today don't know the old methods. Owners must be watchful to ensure today's bricklayers and other tradesmen are working to City of Edmonton's standards."

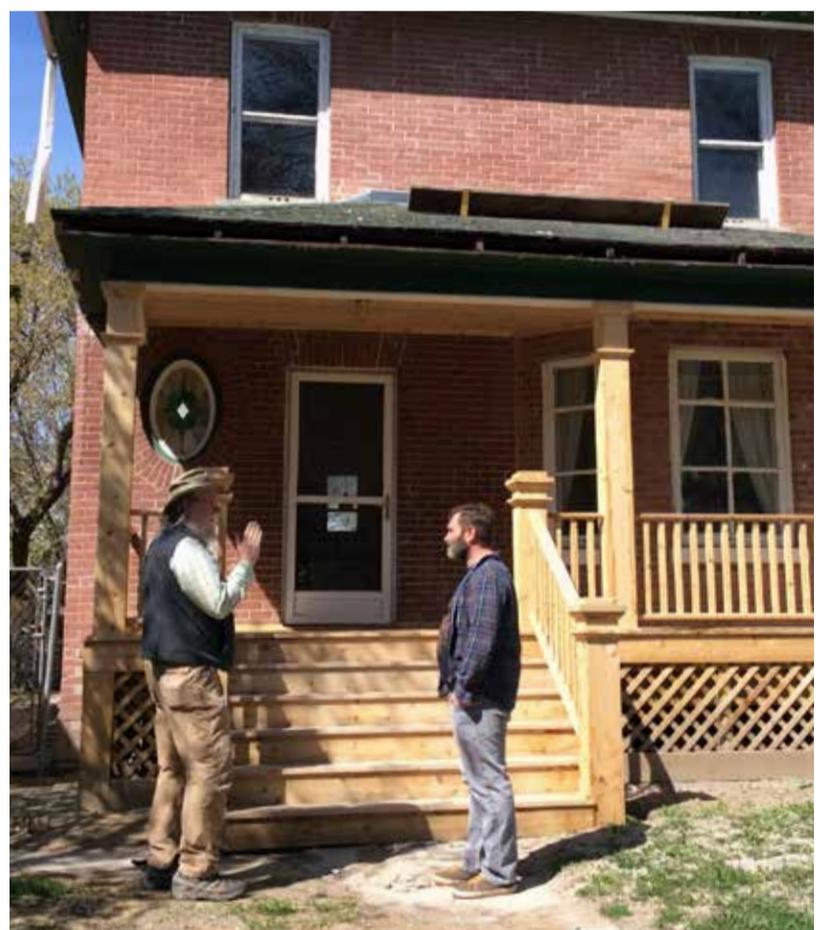
From top to bottom, the Burns residence offered up many secrets and surprises.

Once the exterior is complete, Nichol will tackle the interior. "We'll do it one room at a time," he says with a smile. "We can take our time. It may take 25 years, but we're in it for the long haul."

*Constance's writing and editing career spans more than 40 years. She lives in Parkdale-Cromdale.*



After the exterior is finished, owner Chris Nichol will tackle the interior of the 1910 house one room at a time, starting with the attic. | Constance Brissenden



Heritage building consultant Peter Caron (left) and owner Chris Nichol in front of the Burns house. By City of Edmonton heritage house rules, Nichol has three years to complete the exterior work. | Constance Brissenden



Peter Caron, a heritage house consultant, points out issues with the plaster in the 1910 Burns house. | Constance Brissenden



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# A guide for parents and their children

## Tips to keep children safe from threatening situations

### EDMONTON SAFE PARENT

Alberta is one of the safest places in the world to live, work, and play. To help make it even safer for your children, these safety tips have been compiled to help prepare both parents and children to deal with threatening situations.

Have your children practice their full name, full address, and phone number. They should know your full name and work number as well. Make a game

of it. Shake their hand and start with “How do you do? I am your mom/dad, who are you?” This game can be started with children as young as two years old.

Create a family secret code. Children should never go with anyone, not even a close family friend, unless they have been told the code. Change the code immediately after it has been used. Make the code easy and fun to remember, such as fluffy pink bunny.

Children should always

travel the same way to and from school. They should never take shortcuts. If possible, have them walk in pairs or groups.

If someone follows your child in a car, tell your child to turn around and get away in the opposite direction the car is facing. Run home, to a Safe Parent home, or to the nearest public place such as a school, store, or office. Your child should try to remember what the driver and car looked like or the vehicle’s license plate number. They can take a pic-

ture of it with their cell phone.

If your child becomes separated from you in a store or shopping mall, they should go directly to a store employee (the person at the cash register) for help.

Give your child permission to say no to an adult and run away if they are in an uncomfortable position.

NEVER leave a young child alone! An unattended child is a child at risk.

For more information about Safe Parent, please call

780.433.9374, email [safeparent@telus.net](mailto:safeparent@telus.net), or visit [www.edmsafeparent.com](http://www.edmsafeparent.com).

*The Edmonton Safe Parent Association is celebrating their 46th anniversary as an organization this year. All Safe Parents are police information checked and offer their homes as a safe haven in an emergency situation when the Safe Parent sign is displayed in a window.*



Children are vulnerable, but keep them safe by following a few tips. | Pixabay

## FREE COMMUNITY PROGRAMS

### ESL & LANGUAGE

**NEHIYAWE: CREE LANGUAGE LEARNING**  
Conversation circle by Canadian Native Friendship Centre. Mondays, 6-8 pm at Highlands Library.

**PRACTICE ENGLISH**  
Conversation circle, Mondays, 7-8 pm at Sprucewood Library.

**GLOBAL VOICES CHOIR**  
An informal way to practice English. Song books and light lunch provided. Thursdays, noon-1 pm at Mennonite Centre (no classes in August). More: Suzanne 780.423.9682.

**ENGLISH CONVERSATION CIRCLE**  
Fridays, 10:30-11:30 am at Highlands Library. Part of Catholic Social Services LACE program. More: 780-424-3545.

**LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)**  
More: Edmonton Mennonite Centre 780.424.7709 or [info@emcn.ab.ca](mailto:info@emcn.ab.ca).

### FOOD & SUPPORT

**EDMONTON URBAN NATIVE MINISTRY**  
Drop-in Tuesdays, Thursdays, and Fridays, 10:30 am and 3 pm for social, spiritual, and practical support, including computer access. Lunch Tuesdays and Fridays, noon-1:30 pm. Small food hamper every second Thursday. Meal provided after 4 pm Sunday service.

**BENT ARROW TRADITIONAL HEALING SOCIETY**  
Various programs and services, including a soup & bannock lunch once a month. 11648 85 Street. 780.481.3451. [www.bentarrow.ca](http://www.bentarrow.ca).

**PRAYERWORKS COMMUNITY**  
Hot meals & warm friendship at St. Faith's/St. Stephen's Anglican Church hall. Thurs: serving 11 am-1 pm; open 10 am-1:30 pm. Fri: serving 5-6 pm; open 3:30-7 pm. Sat: serving 8:30-9:30 am; open 8-10 am. More: 780.477.5931.

**COLLECTIVE KITCHENS**  
Cook with friends, try new recipes, help your food budget. St. Faith/St. Stephen: 2nd Tuesday, 1-3:30 pm. Call ahead. Trish: 780.464.5444. Parent Link: Second Wednesday, 11:30-2:30 pm. Call ahead: 780.474.2400. Parkdale hall: Last Sunday of the month, 1-4 pm. Check [parkdalecromdale.org](http://parkdalecromdale.org) for details. Alberta Avenue: Sunday, 1-4 pm. Check [albertaave.org](http://albertaave.org) for details.

### PARENTS & PRE-SCHOOLERS

**BABES IN ARMS**  
A wonderful casual parent meetup. Fridays, 10 am-noon at The Carrot Coffeehouse.

**SING, SIGN, LAUGH & LEARN**  
Mondays and Tuesdays, 10:30-11:15 am at Sprucewood Library. Wednesdays and Thursdays, 10:30-11:15 am at Highlands Library. More: 780.496.7099.

**BABY LAPTIME**  
Stories, songs, books, rhymes, & finger play for babies up to 12 months. Tuesdays, 10:15-10:45 am at Highlands Library.

**FAMILY STORYTIME**  
Share stories, songs, and games. Wednesdays, 10:30-11 am at Sprucewood Library.

**NORWOOD CHILD & FAMILY RESOURCE CENTRE**  
Parent & family education, early childhood education, community events. 9516 114 Avenue. 780.471.3737. [www.norwoodcentre.com](http://www.norwoodcentre.com).

**PARENT LINK CENTRE**  
Information, support and a variety of free programs. 11666 95 St. 780.474.2400. Mon to Fri, 9 am-7 pm.

### CHILDREN

**LEGO AT THE LIBRARY**  
Design and build a lego creation. Ages 6-12. Saturdays, 3-4 pm at Highlands Library.

**GIRL GUIDES**  
Meetings on Mondays from September to June at St. Andrew's. More: [39thedmontonguiding@gmail.com](mailto:39thedmontonguiding@gmail.com) or 1.800.565.8111 (answered locally).

**TEEN LOUNGE JR.**  
Play video games, make a DIY project, meet friends. Thursdays, 3:30-5 pm at Sprucewood Library and 3:30-4:30 pm at Highlands Library.

**YOUTH**  
**EVIL GENIUS CLUB**  
Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design & printing are just the beginning. Fridays, 4-5 pm at Highlands Library.

**TEEN LOUNGE**  
Play video games, make a DIY project, or just hang out. Thursdays, 6:30-8:30 pm at Sprucewood Library.

**GLOBAL GIRLS**  
Build new relationships, develop self-confidence, and identify pathways to achieve goals. Every other Thursday, 3:15-5:30 pm at the Mennonite Centre for ages 16-22. Drop-in. More: 780.423.9691.

**TEEN LOUNGE JR.**  
Play video games, make a DIY project, meet friends. Thursdays, 3:30-5 pm at Sprucewood Library and 3:30-4:30 pm at Highlands Library.

**AIR CADET SQUADRON**  
Youth program for ages 12-18. Aviation, drill, deportment, music, marksmanship, survival, physical fitness. Thursdays, 6:30-9:15 pm Sept to June. [www.570squadron.com](http://www.570squadron.com).

### ADULTS

**COFFEE WITH COPS**  
Join a roundtable conversation with EPS. First Wednesday of month from 10-11:00 am at The Carrot Coffeehouse.

**AVENUE BOOK CLUB**  
Meets the first Wednesday of each month at 7 pm at The Carrot Coffeehouse. More: Lorraine 780.934.3209.

**AVENUE WORD ADVENTURING**  
Join other writers in a positive environment to write, share, and discuss writing habits and goals. Drop-in on the third Thursday afternoon of the month, 1:30-3:30 pm, The Carrot Coffeehouse. More: Rusti @ [lit@ratcreek.org](mailto:lit@ratcreek.org).

**SEATED MEDITATION**  
Restfulness for the body and mind. Led by Kate Wilson, 12 years exp of Zen-based meditation. Bring a cushion and mat or simply show up. Mondays, 6:30 pm, Eastwood hall. Membership required.

**GUIDED MEDITATION SITS**  
Perfect for beginners. Saturdays, 7 pm. All welcome, no charge. Land of Compassion Buddha Temple. 9352 106A Ave. 780.862.7392.

**COFFEE FRIENDSHIP CLUB**  
Have coffee with individuals who are single, divorced, or widowed and looking to meet new people in the area. Wednesdays, 1-2 pm at The Carrot Coffeehouse.

**COMMUNITY ART NIGHT**  
Free art workshop for adults. Tuesdays, 6:30-8:30 pm at the Nina. Register/info: 780.474.7611.

**WELLBRIETY SUPPORT GROUP**  
Mondays, 7-9 pm at Canadian Native Friendship Centre, upstairs room #200.

### SENIORS

**CENTRAL LIONS SENIORS ASSOCIATION**  
Programs, clubs, drop-in activities, fitness centre. 11113 113 St. 780.496.7369. [www.centrallions.org](http://www.centrallions.org).

**NORWOOD LEGION SENIORS GROUP**  
Cribbage, Wednesdays at 1 pm at Norwood Legion.ca.

**SENIORS BREAKFAST & SOCIAL (55+)**  
Join us for breakfast, visit, or play cards or billiards. Wednesdays, 11:30 am-12:45 pm (10:30-11:45 am during the summer) at Crystal Kids.

### FAMILIES

**DENE DRUMMING**  
Wednesdays, 1-3 pm at Canadian Native Friendship Centre, upstairs room #200.

**TRADITIONAL ARTS & CRAFTS**  
For ages 12+. Wednesdays, 5-7 pm at Canadian Native Friendship Centre, upstairs room #200.

**POP-UP MAKERSPACE**  
Makey Makey hack, DIY music, art, 3-D design, and more. First Wednesday of the month from 6:30-7:30 pm at Highlands Library.

**HIP HOP SHOWCASE**  
Listen to sick beats and step up on our open stage for hip hop artists, rappers, spoken word, and poets. Rated PG. Third Wednesday of month, 7-9 pm at The Carrot Coffeehouse.

**TABLE TOP GAMES NIGHT**  
Choose from our selection of games or BYOG. Tables are free! Last Wednesday of the month, 4-9 pm at The Carrot Coffeehouse. Hosted by Tim of GOBfest.

**FAMILY ART NIGHT**  
A variety of free art activities for school age children accompanied by adults. Thursdays, 6:30-8:30 pm at The Nina.

**MUSIC LESSONS BY CREART**  
Free group music lessons Saturdays at Parkdale-Cromdale hall from 10 am-noon. More: [creartedmonton@gmail.com](mailto:creartedmonton@gmail.com) or 587.336.5480.

**FREE COMMUNITY REC ACCESS**  
At Commonwealth Stadium on Saturdays from 5-7 pm: Alberta Ave, Eastwood, Westwood. Sundays 1-3 pm: Alberta Ave, Parkdale-Cromdale, Spruce Avenue

**OPEN MIC NIGHT**  
Open to performers of all stages and ages! Sip a latte and enjoy original music, poetry, comedy, and more at The Carrot's uniquely warm and personal open mic night. Saturdays, 6-10 pm at The Carrot Coffeehouse.

### LOCATIONS

**Bent Arrow**  
11648 85 St  
**Bethel Gospel**  
11461 95 St  
**Cnd Native Friendship**  
11728 95 St  
Community Leagues - see page 12

**Crystal Kids**  
8715 118 Ave  
**Highlands Library**  
6710 118 Ave  
**Mennonite Centre**  
11713 82 St  
**Norwood Family Centre**  
9516 114 Ave  
**Norwood Legion**  
11150 82 St

**Sprucewood Library**  
11555 95 St  
**St. Faith/St. Stephen Church**  
11725 93 St  
**St. Andrew's Church**  
8715 118 Ave  
**The Carrot Coffeehouse**  
9351 118 Ave  
**The Nina**  
9225 118 Ave





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# CHURCH SERVICES

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**St. Stephen | 780.422.3240**  
**Sunday Worship:**  
 8:30 am - Low Mass  
 9:00 am - Morning Prayer  
 9:30 am - High Mass  
 7:00 pm - Evensong

**St. Faith | 780.477.5931**  
**Sunday Worship:**  
 9:00 am Friday Prayer  
 11:00 am Sunday Worship  
 1st Sunday Common  
 2nd Sunday Trad. Anglican  
 3rd Sunday Aboriginal Form  
 4th Sunday Trad. Anglican

**AVENUE VINEYARD CHURCH**  
*A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.*  
 8718 118 Avenue  
 (Crystal Kids Building)  
 avenuevineyard.com  
 Sundays at 10:30 am

**AVENUE CHURCH**  
*A community to belong in... a community to serve with.*  
 11335 85 Street  
 (Parkdale Hall)  
 avenuechurch.ca

**Sundays**  
**9:30am coffee fellowship**  
**10:00 am Service**

**BETHEL GOSPEL CHAPEL**  
*A Bible-based, multi-ethnic fellowship.*  
 11461 95 Street  
 780.477.3341

**Sunday Meetings:**  
 9:30 am - Lord's Supper  
 11:00 am - Family Bible Hour

**NORWOOD WESLEYAN CHURCH**  
*Meeting needs with love and compassion*  
 11306 91 St  
 10:00 am Sunday School  
 11:00 am Sunday Service

**EVANGELICAL BAPTIST CHURCH**  
*'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you... Therefore encourage one another and build each other up' Eph. 4:32, 1 Th. 5:11a*  
 12317-82 St.  
 780.474.4830

10:00 am Sunday School  
 11:00 am Sunday Worship  
 6:30 pm Wed. Study/Prayer

**ST. ANDREW'S PRESBYTERIAN**  
*A caring and loving church in your community where everyone is welcome.*  
 8715 118 Avenue  
 780-477-8677  
 Sundays at 11 am

**THE SALVATION ARMY CROSSROADS COMMUNITY CHURCH**  
*A Place for Worship and Service*  
 11661 95 Street  
 salvationarmy.ca/alberta  
 780.474.4324

3:00 pm Sunday Worship

**Randy Boissonnault MP/Député - Edmonton Centre**



**Edmonton**  
 10235 - 124 Street/rue  
 Suite/bureau: 103  
 Edmonton, AB T5N 1P9  
 Tel: 780-442-1888  
 Fax: 780-442-1891

**Ottawa**  
 House of Commons  
 Chambre Des Communes  
 Ottawa, ON K1A 0A6  
 Tel: 613-992-4524  
 Fax: 613-943-0044

**Randy.Boissonnault@parl.gc.ca**

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Parkdale Cromdale Community League

PARKDALE CROMDALE COMMUNITY LEAGUE  
**LIVE MUSIC & TRIVIA PUB NIGHT**

\$4 Everything  
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 11335 85 Street




**NORWOOD NEIGHBOURHOOD ASSOCIATION**



**Annual General Meeting**  
 Monday, June 24, 7 pm  
 9210 118 Ave